| Mon. July 12 Rochester Swim Club Orca's 5:30 am 8:30 am American Red Cross Children's Swim Lessons 1:00 pm 2:30 pm Rochester Swim Club Orca's 6:30 pm 1:30 am 1:30 am 1:30 am 1:30 am 1:30 am 1:00 pm 2:30 pm Rochester Swim Club Orca's (Monday, Tuesday & Thursday) 3:00 pm 6:30 pm 8:30 pm 8:00 pm Rochester Swim Club Orca's (Monday, Tuesday & Thursday) 3:00 pm 8:30 pm 8:00 pm Rochester Swim Club Orca's (Monday, Tuesday & Thursday) 3:00 pm 8:00 pm Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 6:15 am 8:15 am Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 8:10 am 8:15 am Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 8:10 am 8:10 am Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 8:10 am 8:10 am Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 8:10 am 1:30 am Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 8:10 am 1:30 am Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 8:10 am 1:30 am 1:30 am Rochester Swim Club (Tuesday and Thursday) 8:30 am 1:30 am 1:30 am Rochester Swim Club (Tuesday and Thursday) 8:30 am 1:30 am Rochester Swim Club (Tuesday and Thursday) 8:30 am 1:30 am Rochester Swim Club (Tuesday and Thursday) 8:30 am 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 am 1:00 pm 8:30 pm Rochester Swim Club Orca's 8:30 am 1:30 am 1:00 pm 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 am 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 am 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 am 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 am 1:30 am 1:00 pm Rochester Swim Club Orca's 8:30 am 1:30 am 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 am 1:30 am 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 am 1:30 am 1:30 am 1:30 am Rochester Swim Club Orca's 8:30 am 1:30 | Sun. July 11 | OPEN SWIM | 1:00 pm- | 3:00 pm |
|--|----------------|---|-----------|----------|
| American Red Cross Children's Swim Lessons | | OPEN SWIM | 6:30 pm- | 9:00 pm |
| American Red Cross Children's Swim Lessons | | | | _ |
| ADULT LAP SWIM (No Lifeguard on Duty) | Mon. July 12 | Rochester Swim Club Orca's | 5:30 am- | 8:30 am |
| American Red Cross Children's Swim Lessons 1:00 pm- 2:30 pm | | American Red Cross Children's Swim Lessons | 8:30 am- | 11:30 am |
| Rochester Swim Club Orca's (Monday, Tuesday & Thursday) 3:00 pm 6:30 pm 8:30 pm OPEN SWIM 6:30 pm 3:00 pm ADULT LAP SWIM 9:00 pm 10:00 pm | | | 11:30 am- | 1:00 pm |
| Med City Swim Club 6:30 pm 9:00 pm 10:00 pm 2:00 pm 2: | | | | |
| OPEN SWIM | | Rochester Swim Club Orca's (Monday, Tuesday & Thursday) | | |
| ADULT LAP SWIM S:00 pm 10:00 pm | | | | 8:30 pm |
| Tues. July 13 Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday) 5:30 am- 8:00 am Water Aerobics (Tuesday & Thursday) 6:15 am- 8:15 am American Red Cross Children's Swim Lessons 8:30 am- 11:30 am ADULT LAP SWIM (No Lifeguard on Duty) 11:30 am- 1:00 pm 2:30 pm Med City Swim Club (Tuesday and Thursday) 5:30 pm- 7:30 pm 7:30 pm 7:30 pm American Red Cross Children's Swim Lessons 8:30 am- 11:30 am ADULT LAP SWIM (No Lifeguard on Duty) 11:30 am- 1:00 pm 2:30 pm Rochester Swim Club Orca's 4:00 pm- 6:30 pm 7:30 pm Rochester Swim Club Orca's 4:00 pm- 6:30 pm 7:30 pm Rochester Swim Club Orca's 4:00 pm- 10:00 pm ADULT LAP SWIM (No Lifeguard on Duty) 11:30 am- 1:30 am 7:30 pm 7 | | | • | 9:00 pm |
| Water Aerobics (Tuesday & Thursday) | | ADULT LAP SWIM | 9:00 pm- | 10:00 pm |
| Water Aerobics (Tuesday & Thursday) | | | | |
| American Red Cross Children's Swim Lessons | Tues. July 13 | | | |
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| OPEN SWIM 1:00 pm- 3:00 pm | | · | • | • |
| | Sun. July 18 | MDC Sports | 8:00 am- | 12:00 pm |
| OPEN SWIM 6:30 pm- 9:00 pm | | OPEN SWIM | 1:00 pm- | 3:00 pm |
| | | OPEN SWIM | 6:30 pm- | 9:00 pm |